



UNDER 10 WRISTBAND DEFENSE RULES

GOAL

The goal of this defensive system is to promote man-to-man defence and to ensure a fundamental understanding of man-to-man defence principles from a young age, purely in the interest of player development & enjoyment.

This will be achieved through the joint efforts of the Coaches, Guardians/Parents, Athletes, Officials, Court Supervisors, Club Members/Delegates and SWM staff.

RULES

1. Each team has 5 different coloured wristbands; each athlete must play man-to-man defence on the player with the corresponding colour in the oppositions team. (E.g. Red on Red, Green on Green etc.)
2. Coaches may swap an athlete's wristbands during subs, timeouts or intervals of play. **Coaches may also enter a maximum of two meters into the court to assist players.**
3. After a basket is scored teams must retreat into the halfcourt. This will aid players in effectively following the guidelines as well as stopping teams from playing a full court press and dominating lesser skilled or smaller teams.

Exceptions

4. When an offensive player is on a fast break; 1 defensive player from the opposition team regardless of wristband colour may defend that player. The player with the non-matching wristband may not block, steal or purposely deflect the ball. The player is there to play help side defence until the correct colour wristband recovers.
5. When a player is 'beaten' on defence another non-matching wristband player may play help defence. As with the first exemption, the player is only there to play help defence until the correct colour wristband recovers.

Coaches will be instructed to help maintain the rules and the spirit of the concept. The expectation that all Under 10 athletes will perfectly implement these rules is unreasonable so SWM will not penalize athletes attempting to participate within the structure of the rules.

However if a coach is encouraging athletes not to follow the rules then penalties to the team or that coach may be applied.

These U10 wristband rules are applied in conjunction with the SWM Junior Club Competition Rules.